

**Full Report (All Nutrients) 03212, Babyfood, cereal, rice, with bananas, dry**

**Report Date: June 24, 2017 23:36 EDT**

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

**Carbohydrate Factor: 4.2 Fat Factor: 8.4 Protein Factor:3.8 Nitrogen to Protein Conversion Factor:6**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.5g	0.5 oz 15g
<b>Proximates</b>						
Water	g	4.70	1	--	0.12	0.70
Energy	kcal	404	--	--	10	61
Energy	kJ	1690	--	--	42	254
Protein	g	8.70	4	--	0.22	1.30
Total lipid (fat)	g	4.20	4	--	0.10	0.63
Ash	g	2.50	1	--	0.06	0.38
Carbohydrate, by difference	g	79.90	--	--	2.00	11.98
Fiber, total dietary	g	1.0	--	--	0.0	0.1
Sugars, total	g	16.70	--	--	0.42	2.50
<b>Minerals</b>						
Calcium, Ca	mg	691	1	--	17	104
Iron, Fe	mg	47.50	--	--	1.19	7.12
Magnesium, Mg	mg	141	1	--	4	21
Phosphorus, P	mg	410	1	--	10	62
Potassium, K	mg	769	1	--	19	115
Sodium, Na	mg	0	--	--	0	0
Zinc, Zn	mg	1.50	1	--	0.04	0.23
Copper, Cu	mg	0.254	--	--	0.006	0.038
Selenium, Se	µg	11.6	--	--	0.3	1.7
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	2.0	2	--	0.1	0.3
Thiamin	mg	3.970	4	0.335	0.099	0.596

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.5g	0.5 oz 15g
Riboflavin	mg	3.800	4	0.110	0.095	0.570
Niacin	mg	23.320	4	0.500	0.583	3.498
Vitamin B-6	mg	0.686	3	0.037	0.017	0.103
Folate, total	µg	12	--	--	0	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	12	--	--	0	2
Folate, DFE	µg	12	--	--	0	2
Choline, total	mg	25.8	--	--	0.6	3.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	12	--	--	0	2
Carotene, alpha	µg	11	--	--	0	2
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	29	--	--	1	4
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	39	--	--	1	6
Vitamin E (alpha-tocopherol)	mg	0.37	--	--	0.01	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	3.8	--	--	0.1	0.6
<b>Lipids</b>						
Fatty acids, total saturated	g	0.978	--	--	0.024	0.147
4:0	g	0.001	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.002	--	--	0.000	0.000
12:0	g	0.002	--	--	0.000	0.000
14:0	g	0.018	--	--	0.000	0.003
16:0	g	0.790	--	--	0.020	0.119
18:0	g	0.098	--	--	0.002	0.015

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.5g	0.5 oz 15g
Fatty acids, total monounsaturated	g	0.986	--	--	0.025	0.148
16:1 undifferentiated	g	0.026	--	--	0.001	0.004
18:1 undifferentiated	g	0.955	--	--	0.024	0.143
20:1	g	0.002	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.503	--	--	0.038	0.225
18:2 undifferentiated	g	1.288	--	--	0.032	0.193
18:3 undifferentiated	g	0.214	--	--	0.005	0.032
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.154	--	--	0.004	0.023
Threonine	g	0.444	--	--	0.011	0.067
Isoleucine	g	0.464	--	--	0.012	0.070
Leucine	g	0.821	--	--	0.021	0.123
Lysine	g	0.452	--	--	0.011	0.068
Methionine	g	0.229	--	--	0.006	0.034
Cystine	g	0.184	--	--	0.005	0.028
Phenylalanine	g	0.400	--	--	0.010	0.060
Tyrosine	g	0.368	--	--	0.009	0.055
Valine	g	0.547	--	--	0.014	0.082
Arginine	g	0.603	--	--	0.015	0.090
Histidine	g	0.273	--	--	0.007	0.041
Alanine	g	0.496	--	--	0.012	0.074
Aspartic acid	g	0.857	--	--	0.021	0.129
Glutamic acid	g	1.523	--	--	0.038	0.228
Glycine	g	0.364	--	--	0.009	0.055
Proline	g	0.418	--	--	0.010	0.063
Serine	g	0.467	--	--	0.012	0.070

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 tbsp 2.5g</b>	<b>0.5 oz 15g</b>
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0